

1 CLAIMS

2 What is claimed is:

3 1. A hand-held device for use in personal training and fitness evaluation comprising:
4 a portable device including a memory, a microprocessor, a power source, input/output
5 interface for a user to input data and view outputs including results from processing the
6 input data according to predetermined formulas relating to personal training and fitness
7 for at least one individual;
8 software capable of running on the device for automatically calculating predetermined,
9 select formulas associated with factors relevant to at least one individual's physical
10 fitness.

11 2. The device of claim 1, wherein the device is capable of automatically generating
12 the outputs.

13 3. The device of claim 1, wherein the outputs are capable of being provided in a
14 printable format for providing a hard copy.

15 4. The device of claim 1, wherein the software includes the formulas in an
16 executable format when data is input by the user for the automatic calculation of select,
17 predetermined factors relevant for an individual's fitness evaluation and testing.

18 5. The device of claim 1, wherein the outputs are diagnostic physical fitness
19 indicators.

20 6. A method for use in personal training and fitness evaluation comprising the steps
21 of:
22 providing a handheld device of claim 1;
23 the user inputting data relating to an individual person;

1 the device providing outputs including predetermined factors relevant for an individual's
2 fitness evaluation and testing.

3 7. The method of claim 6, further including the step of the device providing
4 automatic calculation of the predetermined factors as outputs relevant for an individual's
5 fitness evaluation and testing.

6 8. The method of claim 6, further including the step of the device outputting the
7 factors in a readable and/or printable format.

8 9. The method of claim 6, further including the step of the user viewing the outputs
9 on a user interface.

10 10. The method of claim 6, further including the step of storing the outputs in an
11 electronic memory or database.

12 11. The method of claim 10, wherein the stored outputs are capable of being stored on
13 the device or on removable computer readable medium.

14 12. The method of claim 6, further including the step of the user comparing the
15 outputs to prior output information relating to the same individual person being
16 evaluated.

17 13. The method of claim 6, wherein the device is a hand-held computer-type device
18 used to store the formulas in an executable format when data is input by the user for the
19 automatic calculation of select, predetermined factors relevant for an individual's fitness
20 evaluation and testing.

21 14. The method of claim 6, including a step of inputting information into the device
22 during a physical fitness diagnostic testing, training, or personal training session.

- 1 15. The method of claim 6, further including a step of the device automatically
- 2 differentiating between various information inputted during questionnaire that is pertinent
- 3 in calculating proper equations based on specific tests performed but not limited to
- 4 baseline data and test evaluation results.
- 5 16. The method of claim 6, further including a step of the device automatically
- 6 determining proper calculation of specific equations regarding tests required to aid,
- 7 determine, and develop improved results for the individual.
- 8 17. The method of claim 6, further including a step of providing explanations for test
- 9 results in both common and scientific language.
- 10 18. The method of claim 6, further including a step of determining results based on an
- 11 integrated data set including but not limited to input data entered and obtained from
- 12 client's fitness evaluation in real-time.
- 13 19. The method of claim 18, wherein the integrated data set further includes prior
- 14 outputs from equations and/or historical database information.
- 15 20. The method of claim 6, further including a step of applying fitness evaluation
- 16 results to resistance training and cardiovascular training programs as well as fitness
- 17 evaluation test results.
- 18 21. The method of claim 6, further including a step of describing safe and proper
- 19 testing protocols and/or effective exercises to be performed during resistance and cardio
- 20 training for effecting improvements based upon the outputs and individual's goals
- 21 information input.

- 1 22. The method of claim 6, further including a step of comparing between non-
- 2 exercise / test results with actual measurements performed during evaluation, the
- 3 comparison being made automatically by the device and viewable by the user.
- 4 23. The method of claim 6, further including a step of determining resting heart rate,
- 5 training heart rate, and blood pressure for the individual being evaluated by the user.
- 6 24. The method of claim 6, further including a step of transporting and recording data
- 7 throughout a workout location or facility while testing of the individual is in progress by
- 8 the user using the device.
- 9 25. The method of claim 6, further including a step of maintaining a database of
- 10 individual user records by individuals evaluated.
- 11 26. The method of claim 6, further including a step of producing graphical outputs on
- 12 a graphical user interface of the device to illustrate progress with individuals over time.
- 13 27. The method of claim 26, wherein the progress is considered from a preceding
- 14 evaluation to a subsequent evaluation and/or a preceding workout to a subsequent
- 15 workout.
- 16 28. The method of claim 26, wherein the progress is capable of being considered over
- 17 a predetermined time period, the time period being selectable by the user and indicated
- 18 by user inputs to the device.
- 19 29. The method of claim 6, further including a step of producing tangible outputs in
- 20 computer readable medium or printable hardcopies format.
- 21 30. The method of claim 6, further including a step of functioning in conjunction with
- 22 and/or communicating with other computerized equipment for exercise and/or testing,
- 23 computers and/or networked computers computer systems.

1 31. A hand-held computer-type device for use in personal training comprising:
2 a hand-held computer having memory, a microprocessor, a power supply, a user interface
3 having input/output capability;
4 formulas in an executable format stored on the device;
5 input data provided by a user relating to an individual;
6 the input data being processed by the formulas to produce output factors viewable on the
7 user interface, the factors being relevant for an individual's fitness evaluation and testing.